

Welsh Indoor Rowing Championships 2011

Pencampwriaeth Rhwyfo Dan Do Cymru 2011

at Cardiff Bay Water Activity Centre/ac Canolfan Gweithgareddau Dŵr Bae Caerdydd

Saturday 3 December

Race distance and entry fees:
 2000m Senior Individual: £7.50
 3000m Team: £12.00
 500m Sprint: £4.00
 Junior Go Race: £5.00
 1000m Adaptive: £5.00
 2000m Student: £5.00

Entry deadline: Saturday 26 November 2011

Dydd Sadwrn 3 Rhagfyr

Pellter y rasys a ffioedd cystadlu:
 2000m Unigolyn Hŷn: £7.50
 3000m Tîm: £12.00
 500m Sbrint: £4.00
 Ras Junior Go: £5.00
 1000m Addasol: £5.00
 2000m Myfyriwr: £5.00

Dyddiad cau i gystadlu:
 Dydd Sadwrn 26 Tachwedd 2011



www.cbwac.com
www.concept2.co.uk/nationals/welsh
www.walesrowing.com

EVENTS CYSTADLAETHAU									
MEN DYNION		LWT MEN LWT DYNION		WOMEN MERCHED		LWT WOMEN LWT MERCHED		JUNIOR GO RACE RAS JUNIOR GO	
2000m Distance Categories Categoriâu 2000m								Fixed Time Categories Categoriâu Amser Penodedig	
Event No. Rhif y Gystadleuaeth	Event Title Teitl y Gystadleuaeth	Event No. Rhif y Gystadleuaeth	Event Title Teitl y Gystadleuaeth	Event No. Rhif y Gystadleuaeth	Event Title Teitl y Gystadleuaeth	Event No. Rhif y Gystadleuaeth	Event Title Teitl y Gystadleuaeth	Event No. Rhif y Gystadleuaeth	Event Title Teitl y Gystadleuaeth
1	Open/Agored (OM)	12	OpenL/AgoredL (OML)	19	Open/Agored (OW)	30	OpenL/AgoredL (OWL)	37	MJ15 (Yr/BI 10) 5 mins/mun
2	U23 (MU23)	13	MU23L	20	U23 (WU23)	31	U23L (WU23L)	38	MJ14 (Yr/BI 9) 4 mins/mun
3	Fresher/Glas-fyfyriwr	14	LM30+	21	Fresher/Glas-fyfyriwr	32	LW30+	39	MJ13 (Yr/BI 8) 3 mins/mun
4	M30+	15	LM40+	22	W30+	33	LW40+	40	MJ12 (Yr/BI 7) 2 mins/mun
5	M40+	16	LM50+	23	W40+	34	LW50+	41	MJ11 (Yr/BI 6) 2 mins/mun
6	M50+	17	LM60+	24	W50+	35	LW60+	42	WJ15 (Yr/BI 10) 5 mins/mun
7	M60+	18	LM70+	25	W60+	36	LW70+	43	WJ14 (Yr/BI 9) 4 mins/mun
8	M70+	-	-	26	W70+	-	-	44	WJ13 (Yr/BI 8) 3 mins/mun
9	Junior/lau 18 (MJ18)	-	-	27	Junior/lau 18 (WJ18)	-	-	45	WJ12 (Yr/BI 7) 2 mins/mun
10	Junior/lau 17 (MJ17)	-	-	28	Junior/lau 17 (WJ17)	-	-	46	WJ11 (Yr/BI 6) 2 mins/mun
11	Junior/lau 16 (MJ16)	-	-	29	Junior/lau 16 (WJ16)	-	-	-	-
500m Sprint Categories Categoriâu Sbrint 500m								Adaptive 1000m 1000m Addasol	
MEN/DYNION				WOMEN/MERCHED				47	Men AS/Dynion AS (MAS)
53	Men Open Sprint/Dynion Agored Sbrint (M0500)	58	Women Open Sprint/Merched Agored Sbrint (W0500)	48	Men TA/Dynion TA (MTA)				
54	Men 40+ Sprint/Dynion 40+ Sbrint (M40+500)	59	Women 40+ Sprint/Merched 40+ Sbrint (W40+500)	49	Men LTA/Dynion LTA (MLTA)				
55	Lwt Men Open Sprint/Dynion Agored Sbrint (LM500)	60	Lwt Women Open Sprint/Merched Agored Sbrint (LW500)	50	Women AS/Merched AS (WAS)				
56	Lwt Men 40+ Sprint/Dynion 40+ Sbrint (LM40+500)	61	Lwt Women 40+ Sprint/Merched 40+ Sbrint (LW40+500)	51	Women TA/Merched TA (WTA)				
57	Men 60+ Sprint/Dynion 60+ Sbrint (M60+500)	62	Women 60+ Sprint/Merched 60+ Sbrint (W60+500)	52	Women LTA/Merched LTA (WLTA)				
3000m Team Categories (team of 4) Categoriâu 3000m Tîm (tîm o bedwar)									
63	Men Open Team/Dynion Agored Tîm (MOT)	64	Women Open Team/Merched Agored Tîm (WOT)						
65	University Men Team/Tîm Dynion Hŷn y Brifysgol (SMT)	66	University Women Team/Tîm Merched Hŷn y Brifysgol (SWT)						

For full race details and entry form contact:
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Manylion llawn y rasys a ffurflenni cystadlu:
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